

Food Distribution

Empowering Culpeper  
USDA Food Commodity  
Distribution for 2008

June 21<sup>st</sup>

July 19<sup>th</sup>

August 16<sup>th</sup>

September 20<sup>th</sup>

October 18<sup>th</sup>

November 8<sup>th</sup>

December 20<sup>th</sup>

Time: 9:00 a.m. to 11:00 a.m.

Where: Providence Bible Church

740 Old Brandy Road

Culpeper, VA 22701

Families who are income eligible will be enrolled to receive food commodities on a monthly basis. Households that receive Food Stamps or Medicaid or Supplemental Security Income (SSI) are automatically eligible.

The Culpeper Connector provides drop-off and pick-up transportation to the church.

**Please be there on time.** Registration and distribution will take some time.

For more information, or if you would like to volunteer, please contact Vicki Richards at 829-2065 ext. 309.

Healthy Culpeper /Empowering Culpeper Committee

Families First/Healthy Families Culpeper consists of three separate programs:

**WELCOME HOME BABY**

Support and Resource Service



A recent poll indicated that most parents said they wished they had received more support and assistance during their pregnancy and in caring for their newborn. All of us feel the need for guidance and help when it comes to parenting. Welcome Home Baby is available to provide that extra support to every parent in Culpeper County. We offer free information and referrals related to parenting. As a parent in our community, you may have questions about where to go for:

- Child Care Providers
  - Child Development Information
  - Parent Support Groups
  - Prenatal and Parenting Classes
- AND SO MUCH MORE!

**Welcome Home Baby will offer you support in exploring the following:**

- **Preparing** for the birth of your child.
- **Understanding** the importance of caring for yourself during pregnancy.
- **Nurturing** the relationship with your baby.
- **Planning** for your family's future.
- **Guiding** your community resources and information to meet your specific needs.

**Welcome Home Baby is:**

- **Free.**
- **Voluntary.**
- **Available** to every mother who lives in Culpeper.

**Welcome Home Baby** wants you to know what to anticipate in the upcoming birth of your child, and we want you to feel successful as a new parent.

Having a healthy pregnancy and raising a happy, healthy child is so important - but, it is not an easy job!

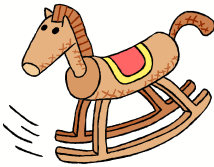
**HEALTHY STEPS**

Home Visitation Program

Healthy Steps is a program that supports new and expecting parents. We provide support and information that is helpful in raising a healthy child. Healthy Steps is a free, voluntary, confidential program for Culpeper County families.

Healthy Steps:

1. Helps parents learn new and fun ways to interact with their baby
2. Uses developmental tools to see how baby is growing
3. Helps parents develop goals and make them a reality
4. Promotes positive parent-child relationships
5. Promotes healthy childhood growth and development
6. Enhances family problem-solving skills
7. Provides home visitation for participants who qualify
8. Connects families to resources, and provides:
  - Parenting classes
  - Infant massage classes
  - Parent group activities
  - Child development curriculum



Healthy Steps provides a Family Support Coordinator who visits with families to support them and help them learn about child development, nurturing and bonding, nutrition, safety and other issues related to parenting.

The Family Support Coordinator will begin with once-a-week visits for about an hour. Then, depending on the needs of the family, the Family Support Coordinator can decide when to have fewer visits.

**The P.E.P. Program**

Parent Education Program

**"Parenting Your 1 – 4 Year-Old"**

Families First is offering support for parents of children under the age of 5.

Come join other parents and share all your successes and challenges of raising a toddler.

The next sessions are scheduled for:

June 4th, 11th, 18th

July 2nd, 9th, 16th

The 3-week session is held from 6:00 – 8:00 pm in the Culpeper Regional Hospital Conference Room.

There will be a \$15.00 charge for a parent handbook

No daycare is provided.

Please call 829-2065 ext. 309 and register, or come and join the first class.



**healthy  
families  
culpeper**

763 Madison Road  
Suite 209  
Culpeper, VA 22701  
(540) 829-2065  
(540) 829-0927 fax



### **Aging Together Partnership: Making a difference for older adults**

What better time than May, Older Americans' Month, to talk about Aging Together's accomplishments? Our community partnership developed – and is now implementing – a strategic plan for improving long-term care and supportive services for older adults and their families. As we embark on Year 3 of implementation there is much progress to report.

The Aging Together Partnership is structured so that it can take action responding to both local and regional senior needs. Each county has a team that addresses local issues, and here that is the Healthy Culpeper Senior/Adult Committee. One important way that the team gets information is through the annual Community Conversations on Aging, public forums to solicit input on issues of importance to seniors. The Culpeper team just held the 2008 Community Conversation on May 22.

This is a very active team and includes representation from a variety of community organizations, businesses and faith-based groups, as well as seniors and other interested citizens. The Co-Chairs are Valarie Diamond, of Hospice of the Rapidan, and Sarah Berry, of Culpeper County Human Services. In the past year the Healthy Culpeper Senior/Adult Committee:

- Submitted a regular monthly column in the Culpeper News about senior concerns and resources.
- Distributed important resource information at doctors' offices and other strategic locations.
- Arranged with local service stations to provide free and discounted auto maintenance (e.g. fluid level checks) for seniors.
- Hosted a series of classes for family caregivers on topics ranging from hands-on care to caring for the caregiver.

This is an action-oriented group that is making a difference! New members are always welcome to join the team. To find out more contact Jenny Biche at 540-825-7615.

In addition to county teams, Aging Together Partnership workgroups address senior issues common throughout the Rappahannock-Rapidan region. Below is a listing of the workgroups with highlights of their accomplishments and activities:

#### ***Caregiver Education and Support***

- Supported county teams in developing and conducting local family caregiver classes.
- Hosted Family Caregiver Recognition event November 13th in conjunction with state caregiver recognition activities. Proclamations in support of the extensive contributions of family caregivers were enacted by local town and county governments.

#### ***Workforce Development Regional***

- Collaborated with Germanna Community College to create *Healthcare Institute* series specific for the healthcare industry on topics such as building teamwork, communication. Three sessions have been held to date.
- Annually recognizes outstanding nurse assistants and other healthcare front-line staff at the *Outstanding Healthcare Employee Recognition*.

#### ***Prescription Assistance Regional Workgroup***

- Helped obtain funding from the Virginia Healthcare Foundation for RRMAP (medication assistance program) at RRCSB/AAA. This is one of the medication assistance programs available in Culpeper County.

#### ***Adult Day Healthcare Regional Workgroup***

- Facilitated collaboration among partners – including RRCSB/AAA, Culpeper Human Services, and the Alzheimer's Association and the VA Department for the Aging – to establish DayBreak Regional Adult Day Healthcare Center.

In addition, Aging Together participates in the Regional Commission's transportation planning group to develop a Coordinated Human Services Transportation plan for the region.

Another regional initiative recently completed is a major campaign to increase volunteerism by and for seniors. In April this campaign, called *Together we can...* hosted a "Community Leaders Volunteer" day in Culpeper and a series of volunteer recruitment sites, "Gardens of Volunteer Opportunities." Many thanks to the members of the Culpeper Senior/Adult Committee, community leaders and participating businesses for their support of this effort.

To learn more about **Aging Together's** many initiatives to improve quality of life for older adults and their families, contact us (540) 829-6405, via email at [info@agingtogether.org](mailto:info@agingtogether.org), or visit our website [www.agingtogether.org](http://www.agingtogether.org)

### **Attention Seniors!**

Valuable information on senior resources may now be as close as your doctor's office or gym.

The **Healthy Culpeper Senior Adult Committee** is displaying brochures with important senior resource information in several County sites, thanks to the cooperation of area physicians' offices, senior apartment complexes, and other community organizations. These brochures include such information as local prescription programs, adult day care, transportation, and a listing of service stations offering free preventive maintenance checks. As new information becomes available, the brochures will be updated at each location.

The brochures can be picked up at any of the following locations:

- Commonwealth Medical
- Culpeper Medical Associates
- Culpeper Surgical Associates
- Northridge Apartments Community Center
- Powell Wellness Center
- Gold's Gym
- Department of Social Services

Healthy Culpeper Senior Adult Committee is a partnership of dedicated men and women from Culpeper County working to address the needs of older adults and their caregivers.

This effort to distribute resource brochures throughout the County addresses one of the goals of the Committee: *To educate older adults and their families about the resources available.*

Healthy Culpeper Senior Adult Committee meets the first Thursday of every month at 3:30pm at the Culpeper County Library. We need YOU to help make Culpeper a great community to age in place. Please attend a meeting and help plan for the future!

For more information contact Jenny Biche at 540-825-7615 ext. 225 or visit our website at

[www.agingtogether.org](http://www.agingtogether.org).

Together we can make a difference!



**Virginia Cooperative Extension**  
*A Partnership of Virginia Tech College of Agriculture and Life Sciences  
and Virginia State University School of Agriculture*  
Culpeper County Office—101 S. West Street  
540-727-3435 [www.ext.vt.edu/offices/culpeper](http://www.ext.vt.edu/offices/culpeper)

**Can I make money farming?**

Peter Callan, Extension Agent Farm Business Management

One of the most common questions that is received at local extension offices today seems to begin with the phrase “I just bought X (number) of acres.” The initial phrase is followed by the following comment, “I would like to start a farm on my property, but I am not sure what is the best type of farm for my property”. The landowner needs to take an inventory of resources needed to establish a business.

- What are the land resources – acreages, hillside or bottomland, and fertility - well cared for or low fertility, availability of water, buildings?
- What are the financial resources needed to establish the business?
- Will savings or borrowed capital be used to finance the startup costs? Some businesses require significant capital investments e.g., stables for horse boarding business or equipment to raise and harvest crops.
- How much time do you want to devote to the business?
- Full time or part time?



- Will you depend on family labor to operate the business? Your spouse and family members may have different ideas on the amount of time they wish to devote to the business.
- If you are depending on family members to help in the business, will they be available to work in the business when they are needed?
- When your teenagers have their drivers’ licenses, how much time will they will be willing to help on the farm? A warm sunny day with a slight breeze that is great for making hay is a great day for sailing, hiking or bike riding.
- Privacy is an issue that needs to be considered. Are you comfortable having people on your farm?

Owners of U pick operations and boarding operations will have customers on their farms during weekends and times when people are not at work. Finally, owners need to determine how much time they will be willing to commit to the business during the year.

- Crop enterprises have seasonal time commitments.
- Livestock enterprises require someone to feed and monitor the animals 365 days a year.

Landowners need to ask themselves:

- How much money do I want to make from this business?
  - Will the business be full time or part time?
- By determining the amount of money they wish to generate, business owners can select an enterprise that provides the required income and utilizes the farm’s resources. Once the enterprise has been selected, the entrepreneur needs to conduct market research.
- Who is going to buy their product and where do they live?
  - How much will people pay for the product?
  - Where will the product be sold?

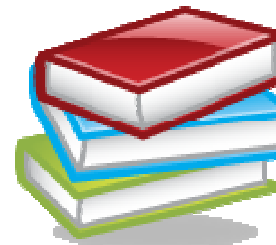
Producers need to develop strategies that will help them meet their financial goals. Realistic cash flow budgets are the keys to determining the viability of the prospective businesses.

Landowners need to be realistic in their expectations on the time commitment, land resources and the income that can be generated on their land. If agriculture was a high return industry, more than two percent of our nation’s population would be engaged in it! A new landowner needs to spend time thinking over and answering a majority of these questions. By answering these questions, an extension agent can help guide the landowner through the process of choosing a direction for the management of the land.



**Keep Your Child Reading During the Summer**

Linda G. Murphy, Senior Extension Agent  
Family & Consumer Sciences



Once the summer break from school begins, it is easy to let slide some of the practices that encourage literacy leading to academic success. Parents play an important role in the development of their child’s reading skills. While this may seem a challenge at times, it can be done while having fun! Young children usually like going on outings. What better place to take them than to the

library! Keeping up the routine as they grow older helps them understand the importance of reading.

Like most parenting practices, your child will develop a love of reading if s/he sees you reading. It can be the newspaper, a magazine, or a book. Even a cookbook counts. Fun facts can be found in ones of historical, regional or state origins. Spending time as a family sharing what you have read, and talking about how books have contributed to your lives, also conveys the importance of reading.

Also, look to the library for special programs that may appeal to your child. Use the opportunity to check out books related to the program to increase the understanding of to the program. Make sure children have their own library cards.

If you are planning a summer vacation, engage the child in finding more information on the places you might visit or background information about the location. Check out books or look on-line to see what the destination offers.

The local history museum and historical sites offer many possibilities, as well. They are a gold mine of ideas to engage children in ongoing discovery that includes reading. In this area, it may include learning more about dinosaurs, a local battlefield, a marker alongside the road or in a park, or a historical building.

Look for the possibilities that our natural surroundings have to offer that can encourage further exploration with books. A walk in the park can encourage identifying trees, insects, native plants, birds or any of the many items that pique young minds.

Most of these ideas can be expanded to include creative activities through art and writing. Writing is another way to encourage reading and helps in the development of literacy. All of them can be fun!



[www.ext.vt.edu](http://www.ext.vt.edu)

Extension is a joint program of Virginia Tech, Virginia State University, the U.S. Department of Agriculture, and state and local governments. Virginia Cooperative Extension programs and employment are open to all, regardless of race, color, religion, sex, age, veteran status, national origin, disability, or political affiliation. An equal opportunity/affirmative action employer.

Virginia Cooperative Extension  
Culpeper County Office—101 S. West Street  
540-727-3435 www.ext.vt.edu/offices/culpeper

Treated Wood Scraps

Carl Stafford, Extension Agent  
Agriculture and Natural Resources

Treated wood has many outdoor applications ranging from posts used in fencing to dimensional lumber used in the average deck. If you pay attention to good carpenters, you can see that they pride themselves in leaving few trimmings/scraps at the end of the job. While I admire their efficiency, the truth is most of us must have some scraps left over after trimming a board or a post, when building our outdoor projects.

These treated wood scraps are the main focus of my article today, as they pose some risk to our livestock, if not handled correctly. Industry recommendations are for all scraps to be properly disposed of at approved landfills in accordance with any local ordinances, and that treated wood should not be burned under any circumstances. These facts were shared with me by Bob Gruber of Archwood Protection, a provider of wood treatment products to Madison Wood Preservers.

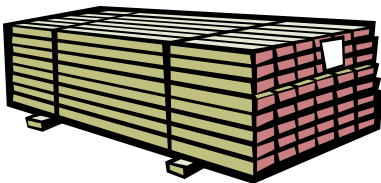
Sounds kind of easy until you get to the practical application of this recommendation. Let's consider an illustration. Take the commercial fencing contractor who at the end of the day is finishing up a neat, straight fence along road frontage, where everyone will see his work. A finishing touch is to trim all posts to conform with straight lines and the visual appeal designed into this beautiful fence.

In most fencing jobs, brush clearing is included to open up a place for the fence to be built. Brush piles are usually located near by and become a

“logical” place to dispose of post scraps. The problem comes when these brush piles are burned. When treated wood is burned, ash and charcoal residue is left behind, and burn piles can be located in the field with livestock. Cattle in particular seem to be drawn to burn piles, not sure exactly why. A cold burn pile in a cattle pasture is sure to have tracks around and over it in time.

If footprints were all they left behind it would be fine, but cattle are curious and tend to smell and lick new things to find out how they taste. Ash and charcoal seem to be appealing, possibly for minerals. In any event, cattle that eat this treated wood residue left over after burning can pay the ultimate price, which is death if they eat enough. There have been 3 such cases over a 3-county area during the last year, 2 in one month alone. All three involved a veterinarian who diagnosed the cause of death and in each case there was a burn pile involved. Send your treated wood scraps to the landfill!

There are a variety of other items that could end up in a brush pile that could leave residue behind to hurt our curious livestock. Avoid burning anything but natural brush and limbs in burn piles situated in areas your livestock can access. However, some of this natural material, like yard trimmings, could also be toxic to livestock. A good example would be fresh trimmings from evergreen shrubs in the yard. The yew plant in particular is a naturally occurring poisonous plant that, if ingested in the right amounts while green, could cause death in livestock. Maybe a burn pile is not such a good idea in your pasture field after all. It requires too much attention to keep the wrong things out.



Garden and Yard Questions?  
Culpeper Master Gardeners

Consult with members of the Culpeper division of the Four County Master Gardeners. The Master Gardeners are a volunteer group working at the Virginia Cooperative Extension. This group shares information with the public on horticulture, horticultural issues, and related topics.

From 1 p.m. to 3 p.m., Monday through Friday, one or more volunteers are available to answer questions in person or by phone call at the Master Gardener Help Desk. This service is available from May 5 to September 26, 2008, at the Virginia Cooperative Extension, Culpeper office. This is a non-commercial source of information. The Master Gardeners will also have representatives at the Culpeper Farmers Market every 2<sup>nd</sup> Saturday of the month from May to October.



Questions can relate to any concern you are having with your household yard or garden. Is it a good insect or a pest? Is this an invasive plant to be avoided or a good native plant which is drought tolerant? Samples will aid in the diagnosis of a pest or plant disease or in the identification of a pest.

Please bring samples in suitable containers, such as a small glass jar to contain an insect or small plant or limb in a bag.

The number to call is (540) 727-3435 ext 0, ask for a Master Gardener. The Virginia Cooperative Extension Culpeper office is located at 101 S. West Street in Culpeper.

Tips on VTU web site from - Diane Relf,  
Extension Specialist, Environmental Horticulture

How do you choose a good container-grown plant? Gently shake the plant from its container. Root systems should be well developed, and the root and soil mass should retain its shape when removed from the container. Avoid plants with roots circling around the pot or coming out of the drain holes.



When choosing bedding plants, look for plants that are well-proportioned with sturdy stems. Leaves should have a rich, green color. Check for pests if foliage appears mottled or the edges of the leaves are curled.

Try to buy packs with large, deep cells spaced far apart which encourages a larger root system.

Don't add organic matter to the soil when planting trees. It does not help the tree become established and may create conditions that encourage the roots to stay inside the planting hole instead of spreading into the surrounding soil. Do dig a large planting hole, but fill it with the original soil that was removed from it.

When placing your indoor plants outdoors in your flower borders during the summer, clay pots can be set directly in the ground so the soil is 1 to 2 inches below the pot rim, allowing moisture to go through the porous clay. If your plants are in plastic or glazed containers, repot them in to clay containers or check frequently for water because moisture will not move through the plastic.

Move your house plants outdoors when the night temperatures stay above 50 degrees F. Avoid sunburning the foliage by moving the plants gradually from the relative darkness of the house to their bright, summer location. Start by putting them in a well-shaded location and progressing to increasingly lighted areas.

House plants in containers without drainage holes are poor candidates for outside. A rainstorm may drown and rot them. All plants perform better in containers with drainage holes.

**Vacation hint:** Sink house plants, pots and all, in the soil in a shady area of the garden. Mulch to reduce the need for frequent watering.



If you are a person with a disability and desire any assistive devices, services, or other accommodations to participate in any Extension activity, please contact Virginia Cooperative Extension, Culpeper Office, at (540)727-3435 during business hours of 8:00 a.m. to 5:00 p.m., Monday through Friday, one week prior to this event to discuss accommodations.





**Culpeper-Shenandoah -Rappahannock  
4-H Camp**  
*August 3 - 7, 2008*



Camp is for boys and girls ages 9-13 (as of 9/30/08) who want to have fun! Camp is an opportunity to make new friends, learn, and have fun in a safe environment, while surrounded by caring adults. Campers learn life skills such as independence, responsibility, and sharing.

Each **morning**, campers participate in three educational and entertaining classes, which include: archery, canoeing, swimming, air rifle, basic fishing, rocketry, science, etc. **Afternoons** are occupied with recreation, such as swimming, sports, games, movies, and other group activities. Special **evening** programs include such things as a swim party, talent show, and a dance. Lasting memories are created, as campers sing around the campfire every night.

Meals are provided in the dining hall. Campers are housed in dormitory-style rooms with bunk beds.



**COST:**  
The cost of this four-day residential camping experience is **\$190** and includes: lodging, 12 meals, a T-shirt, and all activities. A limited number of scholarships, based on financial need, are available.

**REGISTRATION PROCESS:**  
Complete the attached Registration Form and return it with a \$50 deposit to secure your spot (balance due by July 1). You'll then be sent a packet with additional details, directions to the camp, and more forms to complete, including one for selection of classes. **Note: Registrations are accepted until camp is filled, however, classes are assigned on a first-come, first-served basis.** So, register early and return your packet of forms quickly to avoid disappointment.

**REFUND POLICY:**  
All refund requests must be in writing. **Twenty five dollars is a non-refundable processing fee.** Otherwise, a full refund will be given until July 15. After July 15, no refunds will be given except in cases of sickness (with a doctor's note) or emergency (evaluated on a case-by-case basis) or if there are still interested people on a waiting list.

If you are a person with a disability and require special assistance to participate in this camp, please contact the Extension Office by July 15, 2007, at 540-727-3435, between the hours of 8:00 a.m. to 5:00 p.m., Monday through Friday.

Keep checking our website for information on this year's Summer Workshops or call us at 727-3435!  
[www.ext.vt.edu/offices/culpeper](http://www.ext.vt.edu/offices/culpeper)

**Virginia Cooperative Extension**  
Culpeper County Office—101 S. West Street  
540-727-3435 [www.ext.vt.edu/offices/culpeper](http://www.ext.vt.edu/offices/culpeper)



**Culpeper-Shenandoah-  
Rappahannock 4-H  
CAMPER REGISTRATION FORM**

Camper Name: \_\_\_\_\_  
*(as you want it on your name tag)*

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Gender: \_\_\_\_\_ Current Grade in School: \_\_\_\_\_

Birth Date: \_\_\_\_\_

Age (as of Sept. 30, 2008): \_\_\_\_\_

Name(s) of Parent(s): \_\_\_\_\_  
\_\_\_\_\_

Parents' Work Phone(s): \_\_\_\_\_  
\_\_\_\_\_

Are you already enrolled in 4-H for 2007-08? \_\_\_\_\_

If yes, in which club? \_\_\_\_\_

Have you attended 4-H Camp before? \_\_\_\_\_

If yes, when? \_\_\_\_\_

Choice of one roommate: \_\_\_\_\_

Do you wish to apply for a scholarship? \_\_\_\_\_

T-Shirt Size (please circle):    Youth M    Youth L  
Adult S    Adult M    Adult L    Adult XL

**Return this form with a \$50 camper deposit (make check payable to: VCE - Culpeper County)**

**Virginia Cooperative Extension - Culpeper County**  
**101 S. West Street**  
**Culpeper, VA 22701**

Health Department

Staying Healthy at the Pool This Summer – Preventing Recreational Water Illnesses

Mary K. Collins, MS, CHES, District Health Educator

Memorial Day marks the season opening of many community swimming pools, water parks, lakes and ocean fronts. It also begins the season for recreational water illnesses. In addition to having a good time and cooling down, you can get sick from swimming in recreational waters, even if they are treated with chlorine.

Recreational water illnesses or RWIs can be found in pools, hot tubs, lakes, water parks, fountains, the ocean or any body of water people and animals share. RWIs are caused by germs like *E. coli*, *Giardia* and *Cryptosporidium*. Fecal matter containing these germs can infect the water. You can get sick when you swallow or get the infected water in your mouth. Symptoms of RWIs are usually vomiting and diarrhea, but can include skin, ear, respiratory or wound infections.

When you go swimming you are sharing the water with everyone. Chlorine will kill any germs that may be in the water, however it takes time. This means without your help, even the best maintained pools can make you sick. Healthy swimming is the best way to prevent spreading RWIs. The Center for Disease Control (CDC) recommends following these six “PLEAs” of healthy swimming:

- 1. Please do NOT swim when you have diarrhea and especially please do not allow infants in diapers to swim if they have diarrhea.
- 2. Please do NOT swallow or put water in your mouth.
- 3. Please wash your hands after using the toilet or changing diapers.
- 4. Please take children to the bathroom and change diapers often.

- 5. Please change children’s diapers in the bathroom, NOT near the water.
  - 6. Please shower before entering the water and please wash children’s bottoms thoroughly before allowing them to enter the pool.
- Following the six “PLEAs” stops the spread of RWIs, but how do you prevent yourself from becoming sick with an RWI? There are few simple items you can look for and do when using a recreational water facility.

- Look at the surroundings. The water should be clear, there should be no chemical odor and you should hear the filtration system.
- Ask the pool staff what the pH and chlorine levels are, how often they are checked and whether a trained person is responsible for checking them.
- Be active in educating yourself and others about RWIs.
- Most importantly do NOT swallow or put pool water in your mouth.

Spending time in the water can be an enjoyable part of summer. You can keep your family safe and healthy by following the six “PLEAs” that promote healthy swimming. In addition, be sure to keep an eye on your children at all times when in the water and use a sunscreen with at least SPF 15 when outdoors. Have a safe and healthy summer!

To learn more about RWIs, and how to prevent them, please visit the CDC’s website at [www.healthyswimming.org](http://www.healthyswimming.org).

Mary K. Collins 540/948-5481 ext. 21



Rear Admiral Steven K. Galson, Acting Surgeon General

“The Medical Reserve Corps Volunteers are a Key Part of the Public Health Army”

Rear Admiral Steven K. Galson, Acting Surgeon General

Rear Admiral Steven K. Galson, Acting Surgeon General, presented his priorities to approximately 700 Medical Reserve Corps Coordinators and Public Health Officers at the Medical Reserve Corps National Leadership and Training Conference in Portland, Oregon on April 8-11.

- 1. **Disease Prevention** is the cornerstone of public health. Chronic disease prevention needs to be our number one priority. More than 75% of the nation’s \$1.4 trillion healthcare bill is spent on chronic diseases. “The consumer knows more about the quality of the TV they are purchasing than their health care, but they usually spend more on healthcare. The consumer should compare doctors, including their quality, care and cost.”
- 2. **Public Health Preparedness** involves planning and preparing for the safety and health of you, your family, and your community in the event of man-made or natural disasters.
  - The Commissioned Corps of the U. S. Public Health Service (a uniformed force of 6,000 health professional officers dedicated to promoting, protecting, and advancing the health and safety of the people of the United States) plus over 154,000 Medical Reserve Corps Volunteers make up the public health army.
  - “Pandemic Influenza Preparedness continues to be incredibly important – just as important today as two years ago!”
- 3. **Health Disparities:** “Too many Americans die due to Health Disparities,” declared Rear Admiral Steven K. Galson, Acting Surgeon General.
  - African-Americans are dying due to heart disease and high blood pressure at a rate of 1.5 times more than Hispanic and white Americans.

- Hispanics die from diabetes and lung cancer at a rate of 1.5 times more than African-Americans and white Americans.
- 4. **Health Literacy:** There are millions of people in the U. S. who are illiterate. Over time this affects their health negatively. It is important to learn how to read food labels and to understand what you are reading. Many Americans do not eat properly. They overeat and choose foods which are not nutritious. ***It is very important to get accurate information on diet and exercise.***

“**Childhood Obesity is an Epidemic**”, stressed Rear Admiral Steven K. Galson, Acting Surgeon General “The number of children who are overweight or obese in this country is at an all-time high.” This increases the children’s risk factors for high cholesterol, type II diabetes and heart conditions.

- The President and the Secretary of Health and Human Services recently tasked Rear Admiral Steven K. Galson, Acting Surgeon General to launch the Surgeon General’s Childhood Overweight and Obesity Prevention Initiative, “**Healthy Youth for a Healthy Future.**” Children need education on making healthy lifestyle choices, and they need role models to help them achieve success

As a part of the public health army, The Rappahannock-Rapidan Medical Reserve Corps, invites you to join us as we work to promote health and safety in our local communities. To register with the RRMRC and sign up for an orientation, go online to <http://rrmrc.vdh.virginia.gov>. To schedule a presentation on Pandemic Influenza and All-Hazards Preparedness for your business or community group, please contact the RRMRC office at 540-829-7350 ext 132, or [rrmrc@vdh.virginia.gov](mailto:rrmrc@vdh.virginia.gov).

**Rappahannock-Rapidan**

**Culpeper-Fauquier-Madison  
Orange-Rappahannock**





**TOWARD A GREENER CULPEPER**  
**News from the Culpeper Garden Club's Conservation Committee**

Members of the Culpeper Garden Club, one of two local garden clubs, have long been involved in local conservation efforts. For many years club members have assisted in removing trash from area roadways, and we continue to assist the County in other beautification efforts. Our Committee feels that, with the increased populations in both Town and County in recent years, more awareness of existing conservation efforts, and additional low or no cost County-led volunteer efforts can lead to a greener environment for our children and grandchildren to enjoy.

**FIVE STEPS  
TO A GREENER CULPEPER**

1. Be aware of County and Town efforts and programs to assist citizens in recycling, freecycling (giving reusable components to organizations that can use them), and the proper disposal of hazardous waste (batteries, paint, oil, etc). Scrap metal is defined as any object with at least 50 percent metal content. These items can be sold to local scrap metal dealers.
2. Every plastic grocery bag not used saves our landfill for more environmentally friendly waste. Many grocery stores have begun programs to wean their customers from plastic bags. Bring your own re-usable bags when purchasing your groceries. Disposal of plastic containers has been made easier by the recyclable codes on the bottom of plastic containers. Sort your recyclables according to these codes and return them to local private recycling centers.
3. Plant trees. The National Arbor Day Foundation has given trees away for years, for a small donation. While these trees are smaller than a pencil, if properly planted and maintained, they will grow at an astounding rate in good Virginia soil. Trees planted five years ago can reach 20 feet or more in height. Many organizations, including the Virginia Master Gardeners program, will advise citizens on trees appropriate for our climate zone.
4. Build your own compost pile. A well-built compost pile doesn't smell or attract vermin or flies. Compost only green scraps from your kitchen, as well as egg shells and coffee grounds. Within a year, with a proper mix of brown (stalks, twigs and leaves) and green (lawn clippings and kitchen waste), you will have accumulated a substance referred to as "brown gold", perfect for adding micro-nutrients to your garden beds.
5. Teach your children early to respect their environment. Your children can also teach you. Many local schools have strong anti-littering campaigns. Always have a container for trash in your cars. Use all available local resources to help protect our environment.

**BUY LOCALLY; SAVE GAS**

A recent letter from an Abingdon, Virginia farmer to the *Washington Post* made several interesting comparisons between buying at a local farmer's market (15 mile radius) versus the more usual supermarket produce purchases (average distance traveled of 1,750 miles). Figures quoted by Anthony Flaccavento, Director of Appalachian Sustainable Development, stated that the fuel consumption based on his weekly produce sales trips from his farm to his local market worked out to approximately 3,200 pounds of produce sold per fuel gallon consumed. The supermarket consumption rate worked out to only 100 pounds of food delivered per gallon of fuel oil consumed. Food purchased locally, for his region, was 32 times more efficient. While we can expect different numbers in our area, we can do much

to reduce our reliance on foreign oil by purchasing (or growing) our food locally during the growing season.

A book we should all read on the subject of "locavores", people who consume locally produced food whenever possible, is Barbara Kingsolver's recently published [Animal, Vegetable, Miracle](#), her family's account of living locally for a year in the Shenandoah Valley of Virginia.

**NEW PROTECTION OF TREES SIGNED INTO LAW BY GOVERNOR KAINE**

HB 1437 was signed into law on March 4, 2008, by Governor Kaine. While the law currently covers only certain localities in the State with population densities and air-quality issues greater than Culpeper's current levels, the Bill is a welcome acknowledgement that localities have vested interests in a greater green environment. One commentator on why developers clear-cut subdivisions mentioned that local laws for roads and infrastructure often require the total destruction of the existing tree cover. Unfortunately, according to arborists, the replacement small trees, even if of the same species as those that were destroyed, may never reach the height and stamina of the original trees. Compaction of the soil from heavy equipment, changes to underground aquifers, and inadequate protection from Virginia's summer sun may all contribute to the subsequent death of the replacement trees. A Loudoun County realtor stated in another article that many buyers are absolutely adverse to buying in treeless subdivisions, where sightlines between properties are completely unobscured. We can only hope that the powers that be will expand the law to permit all Commonwealth localities to choose the environment over other, more destructive methods of development.

**STATE PROGRAM ASSISTS ANTI-POLLUTION EFFORTS**

The Virginia Department of Environmental Quality (DEQ) will record and investigate suspected pollution of the Commonwealth's air and water as reported by citizens. Call 703-583-3800 during business hours or 800-468-8892 after hours. Report as many of the following facts to assist DEQ in their efforts:

1. WHERE: Precise location of the suspected incident
2. WHEN: Report as soon after the incident as possible
3. WHAT: If you know or suspect what type of material has led to the reported incident, and the quantity of materials released, include that information in your report to DEQ
4. WHO: Report the names of individuals or companies involved in the incident, if known.

**IMPORTANT CULPEPER  
STAFF CONTACT NUMBERS**

Culpeper Planning and Zoning:  
727-3404 for abandoned automobiles, trash, unpermitted burns, bio-solids, and erosion and sediment control.  
Culpeper County Building Office:  
727-3405 for permits to remove underground fuel storage tanks.  
Culpeper Health Department:  
829-7350 for questions about residential wells, septic tanks, and drainfields.  
Culpeper Environmental Services: 727-3409 for recycling questions.  
Culpeper Criminal Justice Services: 937-0976 to report a road needing litter removal.

*Peter Stetson*

**TOWN OF CULPEPER  
LOOKS FOR ADDITIONAL WATER SOURCES**  
*by Wally Bunker, Public Information Officer*

Dan Boring loves to kayak on Lake Pelham, the town’s primary reservoir, but last year’s drought made getting onto the lake and navigating it more difficult. Water levels dropped, revealing lake bottom rarely seen and limiting boat access.

The retired Culpeper police chief, now Interim Environmental Services Director, is working with other town officials to research both short and long term solutions to avoid the effects of a drought on the town’s water supply.

The town serves not only town customers but also many businesses and residents just outside the town’s limits. Last year, those customers experienced mandatory water restrictions for the first time, as lake levels dropped about 38 inches, leaving approximately 150 days of water available without any replenishment by rainfall. Evaporation of lake water and water use contributed to the implementation of the restrictions.

Last year’s area drought was totally different from 2002, when the town sold excess bulk water to another locality and local farmers. Culpeper was one of the few areas not faced with the 2002 drought.

Lake Pelham holds about 650 million gallons of water – a nine-month supply at current consumption.

The water treatment plant can process about 4 million gallons per day. On average, the system’s 6,300 customers use about 2 million gallons daily.

Mountain Run Lake serves as an additional reservoir. But a valve partially stuck open constantly releases water into Lake Pelham, reducing the storage capacity of Mountain Run Lake. Town officials recently have hired a firm to investigate the open valve and fix it.

With plentiful soaking rainfall this last fall and this spring, which replenished the water table, Lake Pelham now overflows.

“That is what you want,” Boring said.

But the town council wants to take additional steps to ensure that future water needs are met. The town is investigating the possibility of establishing an additional reservoir.

“The good news about reservoirs is they renew very quickly,” said Boring.

But the town also is exploring drilling deep wells on two or three sites near Lake Pelham to supplement the water supply in times of drought. In 2004, the town estimated it would cost about \$125,000 to dig the wells, which would yield up to 2 million gallons per day. The water needs to be pumped into Lake Pelham some distance from the treatment plant intake to allow the well water to dilute with the lake water, said Boring.

“I see it as a short-term emergency contingency situation,” said Boring about deep wells. Deep wells are also quicker to get online due to having fewer regulations than are required for reservoirs.

Town Councilman Duke duFrane, who serves on the town council’s subcommittee dealing with water and sewer issues, is pleased with Boring’s efforts to increase its water supply.

“He is providing a fresh perspective and assessment,” said duFrane.

Subcommittee chairman Councilman Mike Olinger said that in addition to exploring additional water sources, water conservation information is important.

“I think we need to do more to educate people on usage early, so we don’t end up in the same situation we did last summer,” said Olinger.

The town continues to work to ensure a consistent and high quality water supply to its customers even in drought conditions.

Meanwhile, Boring and other boaters look forward to easier access onto Lake Pelham.





## Use Water Wisely through EPA's WaterSense Program

### WaterSense

WaterSense is a new program through the Environmental Protection Agency (EPA) that helps consumers choose products that use water efficiently. This labeling program is similar to the Energy Star ratings that are given to appliances. Whether you use a private well or municipal water, WaterSense products such as those listed below can save water and money. This information does not endorse any product and is for information purposes only.



### Water Efficient Toilets

The following toilets have been certified to meet WaterSense criteria, which means you can expect exceptional performance while reducing your water use: American Standard; Caroma; Crane; Foremost; Gerber; Glacier Bay (a Home Depot brand); Kohler; Mansfield; Niagara; Pegasus (a Home Depot brand); ProFLO (a Ferguson brand); Quality Craft; Sterling (a Kohler company); TOTO; Tynan; Vitra; and Vortens. Check [http://www.epa.gov/watersense/pp/find\\_het.htm](http://www.epa.gov/watersense/pp/find_het.htm) for specific models that have the WaterSense label.

**Please note:** Many high-efficiency toilets are sold in two parts, with the tank and bowl sold separately. When components combine to make a WaterSense labeled product, tanks should include the words "When used in combination with [bowl model number/name]" in close proximity to the label, and similarly with bowl labeling. Only the combinations listed below have been certified to bear the WaterSense label.

### Bathroom Sink Faucets

The following bathroom sink faucets have been certified to meet WaterSense criteria, which means you can expect exceptional performance while reducing your water use: Delta; Moen; Price Pfister; and NEOPERL. Check [http://www.epa.gov/watersense/pp/lists/find\\_faucet.htm](http://www.epa.gov/watersense/pp/lists/find_faucet.htm) for specific models that have the WaterSense label.

**Please note:** There are a couple of options for increasing the water efficiency of your bathroom sink faucet: buy a WaterSense labeled faucet or make your current bathroom sink faucet a high-efficiency model simply by purchasing a WaterSense labeled aerator, laminar flow device, or spray device. Installation is quick and simple.

### Landscape Irrigation Professionals

The following individuals are listed as WaterSense certified individuals in Virginia:

Andrew Barna ([dbarna@pineridgelandscaping.com](mailto:dbarna@pineridgelandscaping.com) or 703-803-4400)

Paul Bassett ([paul@hydro-logix.com](mailto:paul@hydro-logix.com) or 443-733-1232)

Daniel Biggs ([dan.biggs@kimley-horn.com](mailto:dan.biggs@kimley-horn.com) or 703-674-1321)

Jeffrey Bowman ([jbowman@irrigationconsulting.com](mailto:jbowman@irrigationconsulting.com) or Stacy Gardner [sgardner@irrigationconsulting.com](mailto:sgardner@irrigationconsulting.com) (or 978-433-8972)

Robert Brothers ([robbieb@montgomeryirrigation.biz](mailto:robbieb@montgomeryirrigation.biz) or 703-803-8002)

Larry Carter ([larry@hydro-techirrigation.com](mailto:larry@hydro-techirrigation.com) or 703-263-2266)

Thomas Edwards ([tommy.edwards@timmons.com](mailto:tommy.edwards@timmons.com) or 804-200-6500)

Robert Latham ([rlatham@rainbird.com](mailto:rlatham@rainbird.com) or 703-754-2335)

James Lutz ([jimmy@allensprinkler.com](mailto:jimmy@allensprinkler.com) or 703-433-9111)

Scott Mumma ([scottmumma@turf-equipment.com](mailto:scottmumma@turf-equipment.com) or 410-799-5575)

Maxi Senderowitsch ([msender@ktenterprises.com](mailto:msender@ktenterprises.com) or 703-327-2332)

[http://www.epa.gov/watersense/pp/lists/irr\\_partners.htm#VA](http://www.epa.gov/watersense/pp/lists/irr_partners.htm#VA)

## 2008 Rain Barrel Workshops

If you want to conserve water or even lower water costs, a rain barrel is just one step in promoting environmental conservation practices. A rain barrel collects and stores rainwater from your rooftop to use later for things like lawn and garden watering and washing pets. A barrel will save water during peak summer months for use outdoors instead of paying a higher water bill or using your well and electricity.



The Culpeper Soil and Water Conservation District will be hosting several workshops in our coverage area this summer (Culpeper, Greene, Madison, Orange and Rappahannock). **The District currently has a list of over 75 people interested in attending a rain barrel workshop. If you would like to be added to that list, call Stephanie DeNicola at 540-825-8591 or send an email to [Stephanie.DeNicola@va.nacdnet.net](mailto:Stephanie.DeNicola@va.nacdnet.net)**

For more information about lawn care, best management practices, reporting pollution, moving dirt and other issues regarding soil and water conservation, please contact Stephanie Rose DeNicola, Communications Specialist of Culpeper Soil & Water Conservation District at (540) 825-8591.

# BUILDING SAFETY: Where You Live, Work and Play

By Robert P. Orr, CBO (Culpeper County Building Official, VBCOA Public Information Committee)

No Building Inspector? That’s right. Prior to 1973 the Old Dominion had no uniform state-wide laws in place to enforce building codes and regulations. Local jurisdictions chose whether or not to enforce a building code. Although this seems like a dream come true for some, it led to a needed change brought about by loss of life and property.

Since 1973 the state of Virginia has been enforcing building codes through the Virginia Uniform Statewide Building Code (USBC). The intent is self evident as stated in the following 2003 USBC code section:



**102.1 Purpose.** *In accordance with Section 36-99 of the Code of Virginia, the purpose of the USBC is to protect the health, safety and welfare of the residents of the Commonwealth of Virginia, provided that buildings and structures should be permitted to be constructed at the least possible cost consistent with recognized standards of health, safety, energy conservation and water conservation, including provisions necessary to prevent overcrowding, rodent or insect infestation, and garbage accumulation; and barrier-free provisions for the physically handicapped and aged.*

**Permit fees** are a necessary construction cost. The fees paid for a permit cover the cost of plan reviewers, inspectors, technical assistance, staff training and administrative coordination, all in an effort to protect life and property.

With the current pace of technology, when your local building department staff aren’t performing their daily duties, they are most likely in training or taking part in the **code approval** process. With a code revision cycle every three years, there is a lot of work to be done.

When you enter a house or building, most likely you’re not thinking about whether it is properly constructed and safe. Fortunately, your local **safety experts** think about building safety and fire prevention every day. To help raise awareness of building safety, the Virginia Building Code Officials Association (VBCOA) celebrated Building Safety Week from May 5 through 11. Across the state, many communities promoted the use and understanding of building safety and fire prevention codes to protect lives and property. The theme for 2008 is “Building Safety: Where You Live, Work and Play.” First observed in 1980, Building Safety Week is sponsored by the International Code Council, a membership organization dedicated to building safety and fire prevention, of which many VBCOA regions are active members. The International Code Council develops the codes used to construct residential and commercial buildings, including homes and schools. Most U.S. cities, counties and states choose the building safety codes developed by the International Code Council.

While building and other **codes** such as electrical, plumbing and mechanical seem to be overwhelming, the simple fact is these are minimum design standards, which help ensure the following:

- Your personal safety, and that of your family and the guests invited into your home.
- The economic well-being of the community - by reducing potential spread of fire and disease.
- The conservation of energy.
- To protect future home purchasers who deserve reasonable assurance that the home they buy will be safe.
- The safety of the public as they work, play and learn.
- Accessible access to buildings and dwellings for those with special needs.

Existing buildings must be kept safe. Many localities enforce the **Property Maintenance Code**. Part of the ICC code family, these codes come into play after the structure is occupied, primarily addressing the safety of rental dwellings and commercial properties. Whether inspecting a new school, a home or the height of a handrail on a sundeck, each and every inspection performed has an impact on our everyday lives.

Tim Kaine, Governor of the State of Virginia, proclaimed May 5-11, 2008, as National Building Safety Week. Please honor your local building and fire safety professionals for the contributions they make on your behalf to preserve safety in buildings.



Registrar

Michele White



Michele White

How Can I Vote If I Will Be Unable to Vote On Election Day?

If you are going to be out of town, have a medical condition or commute long hours, you may want to consider voting absentee. Absentee voting provides a means for qualified voters to participate in upcoming elections, even though they may not be able to go to the polls on election day. Absentee voting in person begins approximately 45 days before a November General Election and approximately 30 days before other elections and ends on the Saturday before the election.

Registered voters may vote absentee in any election in which they are qualified to vote, if any of the below apply:

- Any person who, in the regular and orderly course of his business, profession, or occupation or while on personal business or vacation, will be absent from the county or city in which he is entitled to vote.
- Any person who, in the regular and orderly course of his business, profession, or occupation, will be at his place of work and commuting to and from his home to his place of work for eleven or more hours of the thirteen that the polls are open (6:00 AM to 7:00 PM).
- Any person who is a member of a uniformed service of the United States on active duty, or a member of the merchant marine of the United States, or who temporarily resides outside of the United States, or the spouse or dependent residing with any person listed above and who will be absent on the day of the election from the county or city in which he is entitled to vote. (Please read below about Federal Post Card Applications if this applies to you.)
- Any student attending a school or institution of learning, or his spouse, who will be absent on the day of election from the county or city in which he is entitled to vote;
- Any person who is unable to go in person to the polls on the day of election because of a physical disability or physical illness.
- Any duly registered person who is unable to go in person to the polls on the day of the election because he is primarily and personally responsible for the care of an ill or disabled family member who is confined at home.
- Any person who is confined while awaiting trial or for having been convicted of a misdemeanor, provided that the trial or release date is scheduled on or after the third day preceding the election.
- Any duly registered person who is unable to go in person to the polls on the day of the election because of an obligation occasioned by his religion.

Anyone voting absentee must fill out an absentee ballot application prior to voting. You can request an application from the Registrar’s Office, or alternatively, you can [download The Virginia Absentee Ballot Application](#) (on-line fillable pdf format). at the State Board website ([www.sbe.virginia.gov](http://www.sbe.virginia.gov)) and mail or fax it to our office. If you choose to fax your application, you will still need to mail the original to us for our records. Once the application is received, we will process the application and mail the ballot to the address indicated on the application. Those who wish to vote in-person are required to fill out the same application and can vote here in the office on voting equipment set up for this purpose. If

you chose to vote in-person, please bring your ID or voter card, allowing a few minutes for us to process your application before voting.

Federal Post Card Applications

Those who are in the military or going overseas temporarily need to fill out a Federal Post Card Application. Your [Federal Post Card Application](#) will serve as your absentee ballot application for all elections that you are eligible to vote in for the next two regularly scheduled general federal elections. This means that you will receive absentee ballots automatically! It also means you are responsible for informing your local registrar of any and all address changes. You may file an Federal Post Card Application if you are:

- a member of a uniformed service of the United States on active duty, or
- a member of the merchant marine of the United States, or
- temporarily residing outside of the United States (but eligible for permanent registration in Virginia -- that is, your Virginia place of abode is still available to you whenever you return to Virginia), or
- the spouse or dependent residing with any person listed above

If you have any questions regarding absentee voting, please call the Voter Registration office at 540-825-0652 or email us at [registrar@culpepercounty.gov](mailto:registrar@culpepercounty.gov).

IMPORTANT DATES:

June 10 Primary  
Last Day to Register to Vote – May 12  
Deadline to Vote Absentee By Mail – June 3  
Deadline to Vote Absentee in Person – June 7

Presidential Election November 4, 2008  
Last Day to Register to Vote – October 6  
Deadline to Vote Absentee By Mail – October 28  
Deadline to Vote Absentee in Person – November 1

Did you know????

You can check your voter registration online – Anytime! Go to [www.sbe.virginia.gov](http://www.sbe.virginia.gov) and click on “Online Services” and then click on “Verify Your Voter Registration Status”. Type in your information and the screen will tell you where you are registered and the district in which you vote. If you are not registered in Culpeper County - and should be - please download a voter registration form, fill out ALL of the information and mail it to the address below. You should receive a new voter card from our office within 30 days of receipt of your application.

Looking for a Speaker for Your Community or Church Group????

If you are part of a community, civic or church group and would like to know more about the election process, please call me to set up a presentation for your group. I can come to your group’s function and speak about voter registration and answer any questions that people may have.

CONTACT INFORMATION: Office of Voter Registration and the Electoral Board  
Phone: 540-825-0652 or 540-825-0726

Fax: 540-825-8454

151 North Main Street , Culpeper, VA 22701

From Your Commissioner of the Revenue  
Terry L. Yowell



COMMISSIONER OF THE REVENUE  
DIVISION OF REAL ESTATE ASSESSMENTS

The Commissioner of the Revenue Division of Real Estate Assessments is continuing the preparation for the 2009 general reassessment.

Requests for 2006 and 2007 income and expense summaries for leased properties have been received. The statistics collected will assist in compiling current and accurate data to be used in the assessment of income-producing properties. Your response to these requests is greatly appreciated. The information furnished on these forms will be held in strict confidence and will not be made a part of the public record.

Thank you for the reception the appraisers have been given, as your properties are visited for verification of property record information. The ongoing process of collecting, qualifying and updating information on real estate sales will proceed through the end of the calendar year 2008. Construction costs will be examined and updated, as well. All this information will be collated to establish a fair and equalized assessment on each parcel of real property. The County Board of Supervisors, after advertising and holding a public hearing, will establish a real estate tax rate. Once the Board of Supervisors establishes the tax rate, the rate will be applied to the real estate assessment resulting in the real estate tax that will be billed and collected by the County Treasurer.

The assessments division will continue its endeavor to ensure that real property is equitably assessed as mandated by the Code of Virginia. If you have any questions or concerns regarding real estate valuation, please do not hesitate to contact our office. The Real Estate Assessments Division of the Commissioner of the Revenue’s office is located in Suite 100 at 118 West Davis Street and is open to the public weekdays from 8:30AM to 4:30PM. The office phone number is (540) 727-3411.

Untagged Vehicles

Frequently Asked Question: “I turned my tags in to DMV, so why are you still taxing me for this car?”

In most cases, what we find is that the customer did in fact return the vehicle tags to the Division of Motor Vehicles (DMV), but either still owns the vehicle or did not tell DMV the vehicle had been disposed or no longer owned.



The Virginia Department of Motor Vehicles (DMV) is our number one resource for discovery of tangible personal property for the purpose of local taxation. Each year, as of January 1, DMV provides all assessing offices throughout the Commonwealth of Virginia with a list of vehicles, tagged or untagged, based on the garage jurisdiction listed for that vehicle on January 1. By Virginia law, this office is required to assess all personal property normally garaged, parked or docked in the Town or County of Culpeper as of January 1. According to the Constitution of Virginia, all property is taxable unless otherwise exempt. Simply returning the license plates to DMV or not tagging a vehicle will not exempt the vehicle from local personal property tax.

It is not unusual for vehicle owners to turn in their tags but still maintain ownership. This frequently happens with owners who only use the vehicle seasonally, are restoring vehicles or who travel for extended periods, such as military service members. A disposal date may be recorded by DMV when the owner notifies them that the vehicle has been sold, given away, wrecked, junked or moved to and registered in another state. It is a common misconception that DMV receives disposal information from other sources, such as insurance companies, lending institutions or even from police and/or accident reports. Notifying DMV, however, is solely the owner’s responsibility.

To ensure you are not assessed for a vehicle you no longer own, please notify DMV immediately should you sell, gift, trade, junk, total, move, etc. And more importantly, always keep good records of the disposal. Whether your documentation is a bill of sale, trade-in document, insurance settlement or a salvage/junk yard receipt, you should always keep copies of the documentation showing when and how you disposed of the vehicle.

If you have any questions or receive an assessment you believe to be incorrect, give us a call and we will be glad to help. The Personal Property division of the Commissioner of the Revenue office is located in the Courthouse building, and office hours are 8:30 am to 4:30 pm, Monday through Friday. Our office phone number is 540-727-3443.

Frequently Requested Culpeper Telephone Numbers

Culpeper Post Office  
South Main Street ..... 829-8435  
Social Security Office  
101 S. West Street ..... 825-3501  
Employment Commission  
529 Meadowbrook Shopping Center..... 829-7430

DMV—Department of Motor Vehicles  
440 Southridge Parkway ..... 727-3251  
Chamber of Commerce  
109 S. Commerce Street .....825-8628  
Culpeper Connector  
Trolley Service ..... 829-0505  
VDOT Virginia Department of Transportation  
1601 Orange Road.....829-7500





## ***Culpeper County Sheriff's Office***

***JAMES H. BRANCH JR., Sheriff***

110 W. Cameron Street • Culpeper, VA 22701

540.727.7520 • EMERGENCY 9-1-1

[www.culpepersheriffsoffice.com](http://www.culpepersheriffsoffice.com)



### ***Youth Law Enforcement Academy***

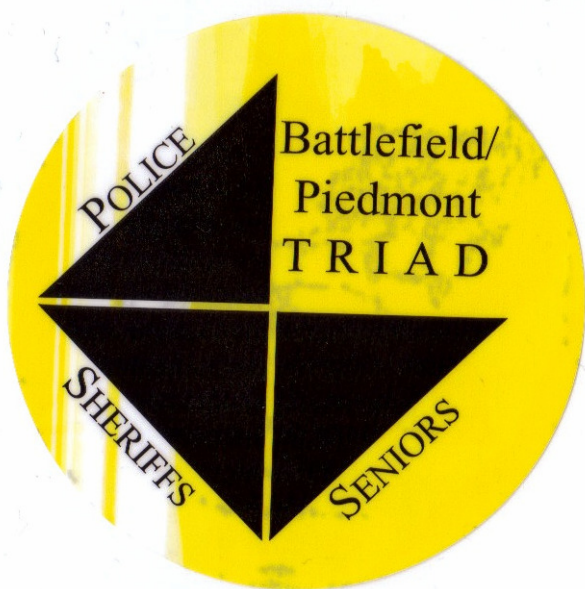
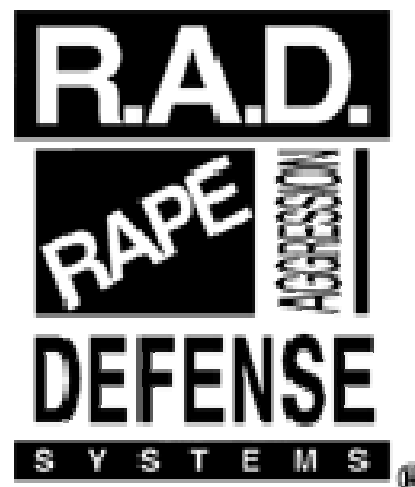
The Culpeper County Sheriff's Office Youth Law Enforcement Academy is designed to familiarize young people with the many roles of law enforcement. The week-long camp is available to teenagers 13-17 years old. The program includes basic crime scene investigation; firearms safety, with practice on a live fire range; the effects of alcohol and drugs; and crime scene processing. Culpeper County Sheriff's Office will be accepting applications for the Summer 2008 Youth Academy through June 9, 2008.

For more information or an application call (540) 727-7520.

### ***Rape Aggression Defense Training***

The Rape Aggression Defense (R.A.D.) System is a program of realistic self-defense tactics and techniques for women. The R.A.D. System is a comprehensive, women-only course that begins with awareness, prevention, risk reduction and risk avoidance, then progresses on to the basics of hands-on defense training. The Culpeper County Sheriff's Office offers this 9-hour course upon group request, and it is free of charge to Culpeper County residents.

For more information, contact Missy Robson at (540) 727-3444 ext.301.



### ***TRIAD Yellow Dot Program***

The Culpeper County Sheriff's Office will be actively participating in the Triad-sponsored YELLOW DOT PROGRAM. While the program was initially designed for Seniors, it can assist any individual with a special need(s). The program consists of an information packet and a YELLOW DOT window decal. The decal is designed to be displayed in the rear driver's side window of a vehicle alerting first responders to pertinent information located in the vehicle's glove compartment.

If you have any questions regarding this program, or would like to obtain a packet, please contact Community Relations Deputy Maria Rodriguez at 540-727-3444 extension 326.

**Have you become physically and/or verbally abusive to your spouse or significant other?**

**Help is available.**

**Contact Culpeper County Criminal Justice Services at 540-727-3450  
for a referral to a treatment provider.**

# Culpeper Minutes

A Quarterly Publication of  
The Culpeper County  
Board of Supervisors



The Administration Building  
302 North Main Street  
Culpeper, VA 22701

Phone: 540-727-3427  
Fax: 540-727-3460

[dhoffman@culpepercounty.gov](mailto:dhoffman@culpepercounty.gov)

PRSRT STD  
U.S. Postage  
PAID  
Culpeper, VA  
Permit No. 72  
ECRWSS

Postal Customer

Summer 2008

Culpeper Minutes

Issue Thirty-Two

## Culpeper Regional Airport Happenings



The Yakovlev 7B Two seat fighter trainer

A new warbird has joined the fleet of historic aircraft in the National Capitol Squadron's hangar at the Airport. It is a Yakovlev 7B. The YAK-7B was produced in early 1942 as a two-seat fighter-trainer and was used as the main Russian Air Force fighter from late 1941 through late 1943. The YAK was smaller, faster and more maneuverable than most of its WWII contemporaries, and over 37,000 were produced. It has a top speed of 340 MPH and is powered by a 1450 hp powerplant.

If you've ever seen the classic World War Two aircraft flying from Culpeper Regional Airport

and wondered how to get a ride in one, **now is your chance**. If you have ever thought about flying in a WWII era warbird or are just looking for a thrilling experience, call (571) 225-0579 or go to the website [www.texanflight.com](http://www.texanflight.com) for more information.

Gift certificates for flights are also available.

Texan Flight, LLC, although not affiliated with the Airport or the National Capitol Squadron of the Commemorative Air Force, has begun operations with a 1943 Navy SNJ-5 advanced trainer known as the "Texan". These aircraft were used to train military pilots throughout the world for over 50 years. The Texan was safe, reliable and a perfect trainer with handling characteristics similar to the famous fighters of the era, such as the Mustang.



Navy SNJ-5 Texan trainer

The National Capitol Squadron of the Commemorative Air Force hangar/museum is open to the public, free of charge, on the second Saturday of every month from 10 am to 5 pm.

Telephone Number for Virginia Department of Transportation (VDOT): 540-829-7500  
To report Road Hazards or Snow-Flood Conditions: 800-367-7623 Toll Free